

WEAK, PALE, THIN

Dr. Williams' Pink Pills Restored Mrs. Robbins To Health and Also Cured Her Daughter of Anemia.

Mrs. J. Robbins, of 1121 Clat St., Decatur, Ill., says: "I was weak, thin and troubled with headaches. My appetite failed so that I did not relish my food. I was unable to do my work because my limbs pained me so and my feet were swollen. I got numb and dizzy, my tongue seemed at times to be paralyzed so that I couldn't speak distinctly. My extremities, when in this numb state, felt as if some one was sticking needles into me all over their surface. Through my shoulders at times I had such pain that I couldn't sleep. Many times I awoke with a smothering sensation.

"When the physician's remedies failed to benefit me I began to look for something that would. My sister, Mrs. McDaniel, of Decatur, recommended Dr. Williams' Pink Pills to me and I at once purchased some. I was greatly encouraged when I saw how they acted on my nervous condition and continued using them until cured. I am now able to attend to my duties and have not consulted a physician since.

"I also gave them to my daughter who had always been weak and who at this time seemed to lack vitality. Her cheeks were colorless and she was thin and spiritless. She had anemia and we feared consumption, because every time she went out doors if it was at all cold or damp she would take cold and cough. But Dr. Williams' Pink Pills brought color back to her cheeks and strength to her body."

Dr. Williams' Pink Pills are sold by all druggists, or sent postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50, by the Dr. Williams Medicine Co., Schenectady, N. Y.

Inducement to Undertakers.

The following advertisement appeared in a paper of a small town in Colorado:

"For Sale—An old established, well paying undertaker's establishment. The city is in a very unhealthy location, where the mortality is very great. There is only one doctor in the whole town. The deaths from fever alone pay the expenses, and the rest is clear profit. There is no competition."—Judge.

PREPARE THIS YOURSELF

Tells How to Make the Best Blood Tonic at Home.

For those who have any form of blood disorders; who want new, rich blood and plenty of it, try this:

Fluid Extract Dandelion, one-half ounce; Compound Kargon, one ounce; Compound Syrup Sarsaparilla, three ounces.

Shake well in a bottle and take in teaspoonful doses after each meal and at bedtime. Any good pharmacy can supply the ingredients at small cost.

This is the prescription which, when made up, is called "The Vegetable Treatment," by others, the "Cyclone Blood Purifier." It acts gently and certainly does wonders for some people who are sickly, weak and out of sorts, and is known to relieve serious, long-standing cases of rheumatism and chronic backache quickly.

Make some up and try it.

HEREDITY IS NOT ALL.

Physicians Now Believe Less in Transmission of Disease.

Medical men are coming round to the view that it is the personal history that is of primary importance, or, in other words, that a man's own manner of life, his record of health, and his circumstances should be more carefully considered than the illnesses that his ancestors died of. Dr. Rabagliati, a medical examiner for insurance companies, who is well known in the profession which he adorns, and of high repute in the north of England, has devoted much thought to this question of heredity from a life insurance point of view. In his opinion it is not so much disease that is transmitted from one generation to another, but organization, or "humanity," as he expresses it. Any member of the human family may suffer from any disease to which humanity is subject, and when an individual so suffers it is the cause of the ailment that must be inquired into. Exposure to this or that set of conditions brings varying results. If the body is exposed to one set of conditions it will take on gout; if to another, consumption; if to a third, cancer; and so on.

Emigration from Norway.

The number of persons who emigrated from Norway in the calendar year 1906 was 28,274, of whom 11,290 sailed from Christiania. In Daily Consular Reports for February 1 the numbers were erroneously placed at 31,158 and 14,174 respectively.

COFFEE THRESHED HER.

15 Long Years.

"For over fifteen years," writes a patient, hopeful little ill woman, "while a coffee drinker, I suffered from Spinal Irritation and Nervous trouble. I was treated by good physicians, but did not get much relief.

"I never suspected that coffee might be aggravating my condition. I was downhearted and discouraged, but prayed daily that I might find something to help me.

"Several years ago while at a friend's house, I drank a cup of Postum and thought I had never tasted anything more delicious.

"From that time on I used Postum instead of coffee, and soon began to improve in health, so that now I can walk half a dozen blocks or more with ease, and do many other things that I never thought I would be able to do again in this world.

"My appetite is good, I sleep well, and find life worth living, indeed. A lady of my acquaintance said she did not like Postum, it was so weak and tasteless.

"I explained to her the difference when it is made right—billed according to directions. She was glad to know this because coffee did not agree with her. Now her folks say they expect to use Postum the rest of their lives." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," is a "There's a reason."



IN POISE OF HEAD

IS SECRET OF PERFECT FEMINE FIGURE.

Symmetrical Development of the Neck is All Important Where Perfect Carriage is Desired—Some Useful Exercises.

How do you hold your head? This may seem an insignificant consideration to many women, but to those who know, it means the poise of the entire body.

When the head is held correctly, in a straight line with the spine, it draws up the chest, gives a graceful, natural poise to the shoulders, flattens the abdomen and so produces that perfect balance we admire in women of regal bearing and dignity.

This natural and perfect posture of the body is well exemplified in the arrowlike Indian, so also in the peasant women of Southern Europe, who have long been famed for their magnificent physique and perfect bodily poise, which is traced to their habit, centuries old, of carrying objects of one thing and another on their heads.

In exercises for the symmetrical development of the neck all the work is done by the head and the raised arm on which the head rests at intervals. Assume the position shown in the sketch. Here the arm is so poised that when the head is in repose the tips of the fingers will lightly rest on the middle of the forehead. These exercises should be taken while you are sitting, only see to it that you are sitting well, with the chest thrown out. When the table you are using

seems too low place a book or two under your elbow. Another movement consists of slowly rolling the head backwards keeping the fingers stationary, so that when it is as far back as it will go, the finger tips will be below the chin. Then bend the head as far forward with the hand or finger tips on the crown. Repeat five times alternately.

Rest the finger tips upon the nose or forehead, twist the head around until the fingers touch the side of the head well toward the back, repeat until you have swung your head around in nearly a semi-circle.

A most efficient exercise to build up that splendid contour of the neck



is to bend it as far to the sides, front and back as possible, doing it slowly, with all muscles relaxed.

Then swing the head around in a semi-circle as a drowsy child allows hers to fall. Continue this exercise ten times. Stop as soon as the strain becomes unpleasantly apparent. Don't exercise more than ten or fifteen minutes, taking the movements slowly and with regularity. That is the only way to accomplish real, lasting benefit.

EMPIRE EFFECT IS BACK.

Revival of Old Style Called For by Fashion's Edict.

The much discussed empire effect is accepted in this country with more than "a grain of salt." We have been trying so hard, especially the women of "embonpoint," to get a long waist that is somewhat disconcerting to be suddenly compelled to shift one's waist under the shoulder blades.

Fortunately, even Dame Fashion has to bow occasionally to common sense, and while few of us would really be daring enough to ignore her dictates, feminine opinion this side of the water has enough "pull" with the arbitrary dame to compel modifications of her rules.

Thus the empire lines are simulated by many women who would otherwise refuse to dress strictly "a la Josephine"—of extravagant tastes and wifely devotion.

The chief factor in gaining this empire effect is the new girdle. This is on rather novel lines—always rounded in front and sloping from six inches in the back to three and a half inches in front.

These girdles, whether separate or in shades matching the gown, are made with the material cut on the bias, in order that they may fall into softer and more pliant folds. They are heavily boned underneath on each side of the back, on both sides and front.

CHINCHILLA AND ERMINE.



To be worn with white or gray chiffon or velvet skirt. Turban to correspond.

SPANGLES ARE IN STYLE.

Glittering Robes Are Much Affected This Season.

In new and unusual shades sequin and paillette robe gowns are particularly in demand—queer greens sapphire and electric blues and brilliant reds all making delightfully effective costumes.

There is nothing as deceptive as spangled net to be displayed at what on first glance seems an absurdly low figure. Sad to relate it is merely throwing so much money away to invest in any of the less expensive grades, no matter how handsome or elaborate it may appear, for the net is always of the poorest and will tear like so much tissue paper.

In fact, many absolutely new robes crack and wear through without any possible reason or excuse. The handiwork of these gowns are now made of rather heavy Brussels net or else the paillette are sewed direct upon chiffon.

If a spangled gown is to be made from a net or chiffon robe dress and

IN GRAY AND YELLOW.

Will Be Season's Popular Colors in Tailor-Mades.

Gray and yellow are to be used much together, especially gray tailor-mades with yellow facings and cuffs. The latest thing in the tailor-made line is the waistcoat-like jacket in striped and checked materials. This makes the waistcoat correspond with the general scheme of the gown and displaces, for a time at least, the vest of plain silk or cloth.

A number of women prefer pongee and silks of that class for spring wear—or until it is time to change them for summer lines. The latest patterns in these fabrics show delightful stripe and plaid effects, and gray and yellow combinations find frequent repetition here. A soft silver gray pongee, marked off irregularly with heavy lines of white and yellow, has excellent possibilities for spring, and innumerable changes are rung on this theme.

One will find among the prettiest of the plain-toned silks one-piece frocks, with blouses and skirts joined by inset bands or girdles. These are really pure princess models cut in one from shoulder to hem, as far as effect is concerned—but the amateur knows how much easier of accomplishment they are than the real princess.

FROCKS OF FLOWERED SILK.

Fashion's Fancy a Boon to Woman of Limited Means.

Crepe de chine and flowered silks are a boon to the forced to be economical woman for there are so many different shades of color in one and patterns in the other as to make it by no means impossible to have an attractive evening gown without being wickedly extravagant. Of course, there is no limit to the amount of money that can be spent in the more expensive grades of flowered and brocaded silks and satins, while in crepe de chine as well the wide field of expense is decidedly alluring; but there are sales when crepe de chine, and in most fascinating shades, can be bought at absurdly low prices, while in the silk sales it merely means the expenditure of time and taste to choose an effective coloring and design. Figured net and just a bit of handsome lace, with ribbons and bright buttons, comprise all the trimmings needed, and for the crepe de chine net the same color on the waist and sleeves is extremely smart and effective, and no lace is needed. Furthermore, if there be a silk lining that has already done duty, provided it fits and hangs well, the dressmaking part of the gown need not present insurmountable difficulties.

Jewel Stained with Blood. The Orloff diamond is believed to be responsible for 67 murders.

The princess effect is desired the waist and skirt, which come in separate pieces, can easily be joined on the silk lining by rows of shirring about the waist and hips or by bands of steel or jet embroidery laid on with corset effect.

Paillette embroidery can be secured in almost any coloring and if a robe is not in itself sufficiently effective it can be trimmed in some way with bands of solid jet or paillettes, which will immediately add greatly to the effect and brilliancy.

Many Shades of Blue. Blue is worn a great deal. It is a satisfactory color and becoming to so many people Royal and sapphire blue, and what are known as the ecclesiastical shades are among the popular blues. There is also a Nattier blue (which takes its name from the color used in some of Nattier's pictures) that is very much liked.

Taking the Middle Course. The safest way of not being very miserable is not to expect to be very happy.—Schopenhauer.

TWICE-TOLD TESTIMONY.

A Woman Who Has Suffered Tells How to Find Relief.

The thousands of women who suffer backache, languor, urinary disorders and other kidney ills, will find comfort in the words of Mrs. Jane Farrell, of 606 Ocean Ave., Jersey City, N. J., who says: "I reiterate all I have said before in praise of Doan's Kidney Pills. I had been having heavy

backaches, and my general health was affected when I began using them. My feet were swollen, my eyes puffed, and dizzy spells were frequent. Kidney action was irregular and the secretions highly colored. To-day, however, I am a well woman, and I am confident that Doan's Kidney Pills have made me so, and are keeping me so."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

SOME WIVES ARE DIFFERENT.

Quiet Cynicism, or Good Honest Row—Which is the Better?

"Most men," said the man of experience, "think it must be awfully nice to have a wife who takes things as coolly as Dave Potter's wife takes them; but others, more discriminating, prefer a good honest row to her style of quiet cynicism. The way she behaved the other day when she found a letter in Dave's pocket from a girl is an example of her method."

"I don't see," wrote this girl, "how on earth I can ever live without you." "Dave's wife read that gush, and a lot more just like it, without ever turning a hair."

"Well," she said, quietly, "that girl is a fool. If she knew you as well as I do she would be wondering how on earth she could ever live with you." "And that," in the opinion of the discriminating few, cuts a whole lot deeper than a common, everyday rum-pus."

Proof of Merit.

The proof of the merits of a plaster is the cures it effects, and the voluntary testimonials of those who have used Alcock's Plasters during the past sixty years is unimpeachable evidence of their superiority and should convince the most skeptical.

Self-praise is no recommendation, but certificates from those who have used them are.

Alcock's are the original and genuine porous plasters and have never been equalled by those who have sought to trade upon their reputation by making plasters with holes in them. Avoid substitutes as you would counterfeit money.

Long Sermons.

Mark Twain tells this story, the moral of which you may supply yourself: "I went to church one time and was so impressed by what the preacher told me about the poor heathen that I was ready to give up a hundred dollars of my own money and even go out and borrow more to send to the heathen. But the minister preached too long, and my enthusiasm began to drop about \$25 a drop till there was nothing left for the poor heathen, and by the time he was through and the collection was taken up I stole ten cents off the plate."—Southwestern's book.

With a smooth iron and Defiance Starch, you can launder your shirt-waist just as well at home as the steam laundry can; it will have the proper stiffness and finish, there will be less wear and tear of the goods, and it will be a positive pleasure to use a Starch that does not stick to the iron.

It is not enough that we swallow truth; we must feed upon it, as insects do on the leaf, till the whole heart be colored by its qualities, and show its food in every fiber.—Cole-ridge.

Rings Round Eyes

How Pineapple Should Be Taken. The reputation of the pineapple has suffered because it has been eaten in too large quantities at a time and the fibrous part has been swallowed with the juice. To obtain the full digestive value of the juice one quadrant of a slice half an inch thick is ample at one meal. It must not be cooked and should be just ripe. The preserved fruit has practically no digestive possibility.

STATE OF OHIO, CITY OF TOLEDO, ss. JUDAS GOODY.

FRANK J. CHENEY makes oath that he is senior partner of the firm of F. J. CHENEY & CO., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of CATARRH that cannot be cured by the use of HALL'S CATARRH CURE.

FRANK J. CHENEY.

Sworn to before me and subscribed in my presence, this 6th day of December, A. D. 1906.

A. W. GLEASON, Notary Public.

Hall's Catarrh Cure is taken internally and acts directly on the blood and mucous surfaces of the system. Send for particulars, free.

Sold by all Druggists. F. J. CHENEY & CO., Toledo, O. Take Hall's Family Pills for constipation.

Notwithstanding the existence of switches, pads, drug store complexions, belladonna and pneumatic contrivances such as are described in the advertising pages of magazines, you never have heard of a self-made woman.

PUTNAM FADELESS DYES produce the brightest and fastest colors with less work and no fuss.

Prefer diligence before idleness, unless you esteem rust before brightness.—Plato.

FITS, St. Vitus Dance and all Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. Send for Free \$2.00 trial bottle and treatise. Dr. R. H. Kline, Ltd., 381 Arch St., Philadelphia, Pa.

A man should never be ashamed to own he has been in the wrong, which is but saying in other words that he is wiser to-day than he was yesterday.—Pope.

It Cures While You Walk.

Allen's Foot-Paste is a certain cure for hot, swelling, callous, and swollen, aching feet. Sold by all druggists. Price 25c. Don't accept any substitute. Trial package FREE. Address Allen S. Olmsted, Le Roy, N. Y.

Runabout—"Reggie's new automobile blew up with him on the first trip, and he sued the firm that sold him the machine." Speeder—"Did he recover anything?" Runabout—"Everything, I believe, but one finger and part of an ear."—Judge.

Give Defiance Starch a fair trial—try it for both hot and cold starching, and if you don't think you do better work, in less time and at smaller cost, return it and your grocer will give you back your money.

Prolific Playwright and Novelist.

W. J. Locke, the new secretary of the Institute of British Architects, is a writer of plays and novels. His first book appeared in 1894 and each year since then he has completed a book. His plays have been very successful and his latest effort in that direction will shortly be brought out in London.

TIRED AND SICK YET MUST WORK

"Man may work from sun to sun but woman's work is never done." In order to keep the home neat and pretty, the children well dressed and tidy, women overdo and often suffer in silence, drifting along from bad to worse, knowing well that they ought to have help to overcome the pains and aches which daily make life a burden.

It is to these women that Lydia E. Pinkham's Vegetable Compound, made from native roots and herbs, comes as a blessing. When the spirits are depressed, the head and back aches, there are dragging-down pains, nervousness, sleeplessness, and reluctance to go anywhere, these are only symptoms which unless healed, are soon followed by the worst forms of Female Complaints.



MRS. AUG. LYON

Lydia E. Pinkham's Vegetable Compound

keeps the feminine organism in a strong and healthy condition. It cures Inflammation, Ulceration, displacements, and organic troubles. In preparing for child-birth and to carry women safely through the Change of Life it is most efficient.

Mrs. Augustus Lyon, of East Earl, Pa., writes:—Dear Mrs. Pinkham:—"For a long time I suffered from female troubles and had all kinds of aches and pains in the lower part of back and sides. I could not sleep and had no appetite. Since taking Lydia E. Pinkham's Vegetable Compound and following the advice which you gave me I feel like a new woman and I cannot praise your medicine too highly."

Mrs. Pinkham's Invitation to Women

Women suffering from any form of female weakness are invited to write Mrs. Pinkham, at Lynn, Mass. Out of her vast volume of experience she probably has the very knowledge that will help your case. Her advice is free and always helpful.

THIS PAPER IS ON FILE IN CHICAGO

NEW YORK AT THE OFFICES OF A. N. KEILOGG NEWSPAPER CO.

DEFIANCE Gold Water Starch makes laundry work a pleasure. 16 oz. pkg. 10c.

CHEAP LANDS

Unexcelled for general farm, stock, dairy, fruit, truck, etc.; convenient to the very best markets and transportation facilities. Write nearest office for list and publications. H. V. Richards, Land and Industrial Agent, Southern Ry. and Mobile & Ohio R.R., Washington, D.C. U.S. Chase, West, Agt., 611 Chemical Bldg., St. Louis, Mo.

If afflicted with sore eyes, use Thompson's Eye Water

The General Condemnation of So-Called Patent or Secret Medicines

of an injurious character, which indulge in extravagant and unfounded pretensions to cure all manner of ills, and the

National Legislation Enacted to Restrict Their Sale

have established more clearly than could have been accomplished in any other way

The Value and Importance of Ethical Remedies.

Remedies which physicians sanction for family use, as they act most beneficially and are gentle yet prompt in effect, and called ethical, because they are of

Known Excellence and Quality and of Known Component Parts.

To gain the full confidence of the Well-Informed of the world and the approval of the most eminent physicians, it is essential that the component parts be known to and approved by them, and, therefore, the California Fig Syrup Company has published for many years past in its advertisements and upon every package a full statement thereof. The perfect purity and uniformity of product which they demand in a laxative remedy of an ethical character are assured by the California Fig Syrup Company's original method of manufacture, known to the Company only.

There are other ethical remedies approved by physicians, but the product of the California Fig Syrup Company possesses the advantage over all other family laxatives that it cleanses, sweetens and relieves the internal organs on which it acts, without disturbing the natural functions or any debilitating after effects and without having to increase the quantity from time to time.

This valuable remedy has been long and favorably known under the name of Syrup of Figs, and has attained to world-wide acceptance as the most excellent of family laxatives, and as its pure laxative principles, obtained from Senna, are well known to physicians and the Well-Informed of the world to be the best of natural laxatives, we have adopted the more elaborate name of Syrup of Figs and Elixir of Senna, as more fully descriptive of the remedy, but doubtless it will always be called for by the shorter name of Syrup of Figs; and to get its beneficial effects, always note, when purchasing, the full name of the Company—California Fig Syrup Co.—plainly printed on the front of every package, whether you simply call for Syrup of Figs, or by the full name, Syrup of Figs and Elixir of Senna, as Syrup of Figs and Elixir of Senna is the one laxative remedy manufactured by the California Fig Syrup Company, and the same heretofore known by the name, Syrup of Figs, which has given satisfaction to millions. The genuine is for sale by all leading druggists throughout the United States in original packages of one size only, the regular price of which is fifty cents per bottle.

Every bottle is sold under the general guarantee of the Company, filed with the Secretary of Agriculture, at Washington, D. C., the remedy is not adulterated or misbranded within the meaning of the Food and Drugs Act, June 30th, 1906.

CALIFORNIA FIG SYRUP CO.

Louisville, Ky. San Francisco, Cal. U. S. A. New York, N. Y. London, England.

The ills peculiar to women, take different forms. Some ladies suffer, every month, from dark rings round their eyes, blotches on their skin and tired feeling. Others suffer agonies of pain, that words can hardly express. Whatever the symptoms, remember there is one medicine that will go beyond mere symptoms, and act on the cause of their troubles, the weakened womanly organs.

Wine of Cardui

Mrs. M. C. Austin, of Memphis, Tenn., writes: "For five (5) years I suffered with every symptom of female disease, but after using the well-known Cardui Home Treatment, I was entirely well."

WRITE US A LETTER

Write today for a free copy of valuable 64-page illustrated book for Women. If you need Medical Advice, describe your symptoms, stating age, and reply will be sent in plain sealed envelope. Address: Ladies' Advisory Dept., The Chattanooga Medicine Co., Chattanooga, Tenn.

RHEUMATISM CURED

The Circulation Stimulated and the Muscles and Joints lubricated by using

Sloan's Liniment

Price 25c 50c & \$1.00 Sold by all Dealers

'Sloan's Treatise On The Horse' Sent Free Address Dr. Earl S. Sloan, Boston, Mass.

Soft people occasionally use hard words.

You always get full value in Lewis' Single Binder straight 5c cigar. Your dealer or Lewis' Factory, Peoria, Ill.

A toast—May the best you wish for be the worst you get.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures whooping cough, 25c a bottle.

Minds of too many men are filled with useless knowledge.

You Look Prematurely Old

Because of those ugly, grizzly, gray hairs. Use "LA CREOLE" HAIR RESTORER. Price, \$1.00, retail.